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Philadelphia, 1838. Comm. on an asylum for
the insane poor of Pennsylvania.

AN APPEAL

TO THE

PEOPLE OF PENNSYLVANIA

ON THE SUBJECT OF AN

ASYLUM FOR THE INSANE POOR

OF

THE COMMONWEALTH.

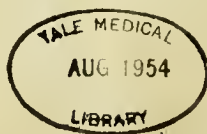
PHILADELPHIA:

PRINTED FOR THE COMMITTEE.

1838.

At a meeting, held on the 17th of December, 1838, of the committee appointed by an assemblage of the citizens of Philadelphia, convened to consider the importance of making some provision for the proper accommodation and treatment of the insane poor of Pennsylvania, the sub-committee (consisting of Robley Dunglison, M. D., Fred. A. Packard, Esq., and Caspar Morris, M. D.),—to whom had been referred the preparation of “a summary account of institutions for the safe keeping and treatment of the insane poor, and especially the number and condition of such within this state, accompanied with such arguments as the committee think will promote the establishment of a state asylum for the insane paupers of this commonwealth, and to forward the same to the members of the legislature, and also to circulate them among the citizens generally,”—presented through their chairman, Dr. Dunglison, the following report, which was approved, ordered to be printed, to be signed by the chairman and secretary of the general committee, and to be published under the direction of the sub-committee in such form as to secure its most extensive circulation.

A. WALDIE, PR.



RC445
P4
838P

AN APPEAL.

THE condition of the insane poor in this commonwealth has for some time been a topic of absorbing interest with the philanthropist. Of the different forms of misfortune and misery, insanity excites the most painful emotions. The horror which it occasions in the minds of most persons; the utter helplessness of the afflicted; and the degradation and cruelty to which they are too often subjected, render them peculiarly the objects of benevolent solicitude.

Impressed with such feelings, a meeting of citizens was recently held in the city of Philadelphia, of which Thomas P. Cope, Esq. was President, Thomas Bradford and Edward King, Esqs. Vice-Presidents, and Frederick A. Packard, and James J. Barclay, Esqs. Secretaries.

At this meeting, the object of which was to take into consideration the propriety of adopting measures to establish, at public expense, an Asylum for the Insane Poor of Pennsylvania; the following preamble and resolutions were proposed by Joseph R. Ingersoll, Esq. and adopted by the meeting.

The humane policy of Pennsylvania has from the earliest period of its history been actively and effectually directed towards the improvement of the condition of its inhabitants, and the principles that have been instilled by our fathers have been those of Christian charity. The circle of benevolence has been perpetually expanding, until it embraces almost every variety of human suffering. Prisons and penitentiaries, hospitals and alms houses, have been liberally endowed and faithfully protected. Provision has been made for widows and orphans; for individuals whom nature or accident has deprived of the means of self-support;—the blind and lame; the deaf and dumb; the poor; the diseased; the old; the repentant sinner; the wretched, no matter what the extent or the character of their affliction—the feeble, however helpless and impotent their condition. In almost every one of these diversified efforts of benevolence, the result has corresponded with the motive. Relief has been happily and extensively afforded.

There is one species of calamity to which no adequate succour has yet been extended. Among the classes and degrees of misery, it is perhaps the highest. In its call for commiseration and relief, it is among the most distinct and audible. It combines the loss or imperfection of reason with the absence of the means of maintenance.

Mental insanity, united in the same person with extreme poverty, exhibits the darkest picture of human suffering—yet lunatics who are poor are left to the imperfect comforts and to the inevitably still more imperfect medical treatment which almshouses in their best condition can afford. In this respect, Pennsylvania is far behind many of the other Commonwealths. Several of them have established a single Asylum for the reception of this description of persons, and some of them have founded more than one extensive charity for their relief. The ample population and rich resources of our State forbid that she should be a delinquent in providing similar works of useful benevolence.

Resolved, That it is expedient to make application to the Legislature for the passage of an act to authorise the purchase of extensive grounds and the construction of a State Asylum for the relief of the Insane Poor of the State of Pennsylvania.

Resolved, That a Committee be appointed to prepare, print and circulate memorials to the Senate and House of Representatives, and cause them to be presented—to procure and publish information, (statistical and otherwise,) on this interesting subject, and to adopt such other measures as may in their opinion contribute to the success of the undertaking.

Resolved, That J. R. Ingersoll, Dr. Robley Dunglison, J. M. Read, Rev. Dr. Tyng, Samuel R. Wood, J. K. Kane, S. B. Morris, I. Collins, Edward Yarnel, Rev. Dr. Demme, T. Earp, Dr. B. H. Coates, J. R. Tyson, Dr. Charles Evans, W. S. Hansell, Dr. Joseph Parrish, Townsend Sharpless, Dr. Caspar Morris, Dr. J. R. Burden, Ambrose White, Dr. I. N. Marsellis, John Goodman, J. J. Smith, jr., Rev. Dr. Mayer, John Farnum, G. N. Baker, together with the officers of the meeting, be the said committee.

To enable the public to understand clearly the necessities for such an institution as that proposed in the above resolution, some explanatory remarks may be necessary.

It has been a matter of statistical investigation in many countries of Europe, and in various states of this Union, to discover the ratio of insane, and especially of insane poor, to the rest of the population. Unfortunately, the estimates on this subject have not been made in such a manner as to command implicit reliance, with the exception perhaps of those of Norway. In the year 1825, the Stirling directed that a special inquiry on this subject should be instituted, the results of which have been published by Dr. Holtz. In 1829, Sir Andrew Halliday furnished a tolerably accurate estimate of the number in England and Scotland; and Dr. Brière de Boismont, well known for his researches in regard to the insane, has given the number in twenty-one establishments in the principal cities of Italy, which he visited in the year 1830.

The estimates of different observers have been collected by

Esquirol, and others : from these it would appear, that in England, the proportion of insane to the whole population is 1 in 783 ; in Wales, 1 in 911 ; in Scotland, 1 in 573 ; in the Rhenish provinces, 1 in 1000 ; in Norway, 1 in 551 ; in France, 1 in 1750 ; and in Italy, 1 in 3785 ; the limits, consequently, between the number of the insane compared with the population being, in Europe, between 1 in 550, and 1 in 3785 ; a wide and singular difference, and one by no means easy of explanation. Esquirol suggests, that owing to Norway and Scotland being mountainous countries, idiots are more numerous than in those which are more level ; idiocy or mental *imbecility*, he conceives, being owing to physical circumstances connected with locality, whilst madness or mental *perversion* is the product of society and of intellectual and moral influences ; in idiocy causes have interfered with the development of the organs, whilst in madness the over-excited brain has transcended its healthy boundaries. But although locality has, doubtless, its influence in the production of certain forms of insanity, as of other diseased conditions, it is impossible to regard the rule absolute when we refer to the enumerations of Europe or of this country,—the proportion in Wales, which is extensively mountainous, being small, and that of Italy, traversed by lofty ridges, the least in the tables.

In this country, the proportion of the insane to the rest of the population has been largely overrated.

From extremely inadequate data, it was affirmed by an able writer, a few years ago, that the ratio in the United States was as high as 1 in 262 ; and this affirmation was made in the face of the enumeration of the state of New York, in 1825, which has been adopted by Esquirol and other writers on the statistics of insanity, and which showed, that there was in that state 1 insane person to every 721. As the state of New York contains nearly one-sixth part of the population of the Union, any accurate enumeration afforded by it merits every attention. In the year 1825, the proportion of the insane there to the whole population was 1 to 1974 nearly ; of idiots, 1 to 1138 nearly ; and of both classes, 1 to 721 and a fraction. In 1835, on a fresh enumeration, the proportion of insane was 1 to 2249 nearly ; of idiots 1 to 1465 and a fraction ; and of both classes 1 to 887 and a fraction, thus exhibiting a diminution in the ratio in the last ten years—under the presumption that the enumerations were equally accurate—in the ratio of 887 to 721, and showing, that in New York at least there has not been that increase in the number of the insane, which has been considered to have taken place to an alarming extent elsewhere.

Estimates have been made as to the number of the insane in some

of the New England states, but although those states have been amongst the foremost in ameliorating the condition of these unfortunates, there does not appear to have been sufficient extent of statistical details; the general estimates being commonly deduced from partial enumerations, from which it has been attempted to infer the proportion in the whole state.

As respects the precise ratio in this commonwealth we have no enumerations on which reliance can be placed; but evidence enough exists to show that it is considerable. In the single almshouse of the city of Philadelphia there are in the lunatic department at this time 174 patients—90 males and 84 females; and in other parts of the establishment 50 or 60, who are more or less fatuous; and as these are chiefly from the county of Philadelphia, we may presume that the proportion in the whole state is at least as great as in the neighbouring state of New York; that is, as we have shown, 1 in 887 and a fraction, making about 1800 insane persons in Pennsylvania; but presuming that it is not higher than 1 in 1000, there must be in the state, of all classes, at least 1600 insane. If, then, we take again the state of New York as a guide,—in which the proportion of idiots in 1835 was as 1484 to 967, or three fifths of the whole number,—the number of lunatics in Pennsylvania may be estimated at 600 or 700, and of idiots at 1000 or 1100,—and this is probably a low estimate.

Granting, then, that there are from 1600 to 1800 insane persons in this state, it is an interesting inquiry to determine what proportion of these are supported by their friends,—at home, or in some of the excellent establishments which exist among us; how many are in a state of destitution, and what number are already receiving that assistance which the almshouses are capable of affording.

Now, the results of all enquiries on this matter have shown, that persons in easy circumstances are far less subject to insanity than those who are indigent, and too often intemperate.

The ratio of the insane amongst the indigent classes, as given by Sir Andrew Halliday, is indeed surprising: of 14000 insane persons in England and Wales, 11000 are supposed by him to be indigent. In the census of the state of New York, taken in 1835, it is stated, that of 967 lunatics (that is, exclusive of idiots) 382 were supported by charity, and 312 were able to support themselves—leaving 273 not classified, but who, it is affirmed, were, doubtless, in indigent circumstances. This is proved, indeed, by the abstracts of the returns of the superintendents of the poor of the state of New York, from which it appears that 652 lunatics were relieved, or supported, during the year ending the 1st December, 1837. This

number added to 312, the number reported in 1835 as of sufficient pecuniary ability to support themselves, gives an aggregate of 964,—only three less than the whole number of lunatics in the state in 1835.

From the same documents we learn, that of the 1484 idiots, the whole number in the state in 1835, 514 were supported by charity and 549 were possessed—directly or indirectly—of sufficient pecuniary ability to support themselves, leaving 421 not classified.

It would seem, however, that during the year ending the 31st of December, 1837, not more than 249 idiots were supported or relieved by the superintendents of the poor; which is ascribed, by the secretary of state of that commonwealth, to their being generally harmless, with little or no hope existing in the minds of their friends of restoration; and therefore they are supported at home by their families, aided by the private charity of neighbours;—an inference which is confirmed by the facts relating to the deaf-dumb, less than two fifths of whom, in unquestionable indigence, are supported or assisted by the public authorities; the remaining three fifths being provided—and too frequently wretchedly provided—for at home, partly by their relatives, and partly by private charity.

In other states of the Union, attempts have equally been made to determine the number of insane who are supported by public or private bounty. Of these—as probably the most accurate and comprehensive—we may adduce the results laid before the general assembly of Connecticut in May last, by a committee appointed by the assembly to ascertain the number, age, sex, and condition of the lunatics of that state; also to ascertain the best and most effectual means of relief, the amount of money necessary to be expended for the establishment of an appropriate institution, and other relevant matters.

The enquiries of this committee, by whom an able report was drawn up and presented, were confined to the number of the destitute, who were either supported by the towns or by charity; and from their summary it appears, that in 118 towns of that commonwealth there were 129 males and 192 females entirely supported by the towns; 86 males and 59 females partly supported, or receiving assistance from the towns, and 100 males and 141 females supported by charity;—in all, 707 insane and idiotic were returned, of whom 59 were in confinement.

It is probable—although we have no exact statistical information—that the number in the towns of Pennsylvania, of equal population, is less than in those of Connecticut; but we have no reason to believe that it can vary much from those of New York.

Recurring to this, then, as our foundation, we may infer that of the 600 or 700 lunatics—the presumed number in Pennsylvania, exclusive of idiots—from 400 to 500 might require the assistance which the contemplated charity is capable of affording.

The evils that result from the want of such an establishment are comprehended in their full extent by those only whose opportunities, inclinations, or duties, have led them into a close investigation of the subject.

Although the period has passed away when the insane were thought to be possessed of demons, and therefore to be shunned and despised, the notion is still too prevalent, that but little advantage is to accrue from the most skilful medical management; and, consequently, that the establishment of any extensive institution for their restoration is an unnecessary tax; and that nothing farther is needed than to protect the community from the attacks of the furious and the malevolent. This erroneous view has been the source of much mischief, and has led to the practice adopted in many countries—indeed to a certain extent over the whole of this and other states—of committing the refractory lunatic to the common jails or penitentiaries, where he may be safely kept from injury to others, but where he can of course receive neither appropriate medical nor moral treatment. When, indeed, a prisoner is pronounced insane in our higher courts of justice, he is doomed to the cell of the convict, to pass there the remainder of his wretched existence, punished for offences of which he must be esteemed innocent; and immured for a mental infliction which might often certainly be removed under judicious management in a proper asylum. Yet, in the absence of such an asylum, this course is inevitable; and it is the source of much solicitude to every judge possessed of the kindlier sensibilities.

In the earlier ages, when sound philosophy was but little cultivated, and every infliction of the kind we are considering was regarded—as it must be—one of the most awful of the dispensations of the Almighty, it is not surprising that it should have been believed to set at defiance all attempts at explanation, and the best directed efforts for its removal. Modern science and philanthropy have, however, afforded the most signal evidence of the inaccuracy of the ideas of our ancestors in relation to the curability of this disease,—for disease it doubtless is,—and one essentially physical in its character, although after it has continued for a certain time not capable of being materially influenced by ordinary physical remedies.

When the late Dr. Willis—well known as the physician to whose immediate care the then King of England, George the Third, was entrusted during his first attack of insanity—stated, in his evidence

before a committee of the British parliament, that 9 out of 10 cases of insanity recovered, when they were placed under his care within three months from the first attack, his assertion was discredited by both the unprofessional and the professional; yet its accuracy has been since amply established. Dr. Burrows, of London, in one of his works on insanity, reports the ratio of cures, in his experience, to have been 81 in the 100, taking the aggregate of all cases; 91 in the 100 in recent cases, and 35 in the 100 in old cases. Sir W. C. Ellis affirms, that of 312 patients, admitted into the York West Riding Lunatic Asylum within three months of the attack, 216 recovered;—a somewhat smaller proportion than in the cases above mentioned, yet in the highest degree satisfactory.

Nor has the experience of our own country been less encouraging. In the asylum for poor lunatics at Worcester, Massachusetts,—of the patients admitted during the year ending Nov. 30th, 1835, whose insanity was of less than twelve months' duration, the recoveries were $82\frac{1}{2}$ per cent. Of the old cases, for the same time, only $15\frac{1}{2}$ per cent. In the M'Lean asylum at Charlestown, in the same state, the ratio of recoveries in recent cases—that is, of those not over one year's standing—was, in 1837, $86\frac{1}{2}$ per cent.; of old cases, 38 per cent.; and of all about 71 per cent.

It is essential to bear in mind this immense difference in the curability of insanity in recent and in chronic cases,—9 out of 10, it will have been observed, when the disease has existed under three months; and $8\frac{1}{2}$ in 10 when it has existed under twelve months: whilst, in chronic cases, not more than 4 in 10—if we take the highest estimate, that of the M'Lean Asylum, which, being founded on one year's observation only, can scarcely perhaps be esteemed decisive, especially when we mark the great difference between it and the results in other insane establishments. Sir W. C. Ellis states, that at the York West Riding Asylum, of 318 cases, that had existed from one to thirty years, only 26 were cured. Of 173 old cases, in the Bloomingdale Asylum, New York, in 1835, only 16 were restored,—and M. Esquirol, in a memoir published in 1816, and recently reprinted, and consequently confirmed by him, has asserted that after the disease has passed the third year of duration, the probability of cure is scarcely more than 1 in 30.

Can any thing exhibit more forcibly the necessity of *early* recourse to appropriate treatment?

We are told by the same enlightened and practised observer, that there were admitted into La Salpêtrière—the extensive public insane institution at Paris—during the ten years from 1804 to 1813 inclusive, 2800 insane females; of these, 795 were found to be incurable,

either from age, idiocy, epilepsy, or palsy; and 2005 were placed under treatment, without any regard being paid to the duration or character of the mental alienation. Of this number, 604 were cured during the first year, 500 during the second, 96 in the third, and 41 in the seven following years; from which M. Esquirol concludes,—1st. That the greatest number of cures is effected in the first two years; 2dly. That the mean term of cure is a little less than a year; and 3dly. That after the third year, as has been before remarked, the probability of cure is scarcely more than 1 in 30.

Contrast, now, M. Esquirol's second deduction, that the average term of cure is a little less than a year—and Pinel, his distinguished predecessor, estimates it at much less, between five and six months—with the published results obtained by a committee of the legislature of New Hampshire appointed to ascertain the condition of the insane in that state, in which there is no lunatic asylum. They report, that the average duration of the disease in their insane is between *thirteen and fourteen years!*

Yet, although the ratio of cures diminishes so largely as the disease is more protracted, no case ought to be adjudged desperate: many are the instances on record, and still more which have not been recorded, of persons who have been esteemed incurably maniacal or melancholic, and who have, notwithstanding, been restored to the full possession of their intelligence. Pinel gives the memorable case of a lady, who had passed twenty-five years in a state of mania, and who suddenly recovered her reason; and Esquirol that of a young girl, who had been for ten years in a state of incoherence, and who, one morning on rising, ran and embraced her mother, calling out, “O! mamma, I am cured.” He states, also, that whilst he was at La Salpêtrière, a woman who had been insane from the period of puberty, was suddenly restored at the age of forty-two.

But it is now universally conceded, that in order for full advantage to be derived from medical and moral management, the insane should be removed from every object that may excite their hallucinations, to situations where all means and appliances exist to prevent the insane idea from obtruding itself; where they can have the advantage of the best medical aid, and of that moral revulsion, which air, exercise, and appropriate labour or amusement, are alone capable of affording.

Now, when we look at the condition of the insane paupers in this commonwealth, we find that no such provision exists for them; but that they may be divided into three classes; the first, comprising those who are retained at home; the second, those who are in the almshouses; and the third, those who are in the prisons or penitentiaries.

As regards the *first class*, it requires but slight reflection to determine, that their condition must be wretched in the extreme, and the prospect of cure almost null. It is every where admitted, the the chance of restoration is but slight, even amongst the wealthy insane, provided they are kept amongst the objects and scenes that are connected with their delusions. Generally, too, one of the first evidences of insanity is a dislike to those who were previously most dear to them, which is apt, indeed, to persist as long as the aberration continues. It is obviously, therefore, of moment to remove them from those sources of irritation to institutions in which they are soon taught to brook control, and in which every attention is paid to their comfort and restoration.

But if this applies to insane persons who are well to do in the world, how much more forcibly must it be applicable to such as are in the humbler spheres of life, and too often in the depths of destitution; doomed necessarily to neglect, abuse and privation. Their case is, indeed, most hopeless. It is now, we believe, the universal sentiment amongst the informed, that no case of insanity can be as satisfactorily treated in a private house, no matter how well regulated it may be, as in institutions established for the purpose. We well recollect how forcibly this conviction was impressed upon our mind by the *fatal* consequences of inevitable neglect, during the severity of winter, in a case, which was attempted to be treated at home; under the double impression, on the part of the family, that the ordinary servants of the house would be able to attend to the sufferer, and that there was something revolting in sending a relative to a public institution, where neglect was possible, and where he would be deprived of those cares, which relatives—it is too often erroneously conceived—are alone able to bestow.

The *second class*, the insane who are in the county almshouses, are of course in a somewhat better condition than those who are supported at home on public or private bounty; yet their state is in all cases far from what it ought to be, and in many cases deplorable. There is every reason to believe, that the Philadelphia Alms-house, at Blockley, is a highly favourable specimen of those institutions, and that the medical and moral management of the insane is there on at least as good a footing as in any similar establishment in the state; yet so satisfied are the medical officers of that institution of the inadequacy of their means of appropriate treatment, that a committee of their body has been appointed to suggest to the board of managers, whether some alteration cannot be effected by which a better classification of the insane may be practicable. As the building is at present arranged, the furious maniac is compelled to be placed in

the same range of apartments with him whose reason is but slightly unsettled ; and all attempts at proper classification have hitherto been futile. It is to be apprehended, indeed, that with every disposition on the part of the present board of managers to afford all facilities in their power, the arrangement of the building is such as to preclude any well founded hope of satisfactory modification. Could this, indeed, be accomplished, the lunatic would still be in want of those advantages, which a well regulated asylum, with its various establishments for labour and amusement, is capable of affording.

But if the Philadelphia Almshouse be thus defective, how much more objectionable must some of those institutions of a similar character be, which are situate in the interior of the country, remote from that influence, which is alone adequately felt in the vicinity of the larger cities. At the meeting held in Philadelphia, the furtherance of whose charitable objects is the occasion of the present appeal, cases were detailed of mal-treatment and neglect, sufficient to make the heart sick.

The very arrangement of an almshouse renders it, indeed, miserably defective for the purpose of an insane asylum. It rarely or never happens, that there is a resident medical superintendent. Usually, a physician, who is liable to be often changed from political or other motives, visits the establishment two or three times a week, and rarely stays sufficiently long to enable him to enquire into more than the acute cases of disease ; the remainder, including the insane in a body, are generally postponed, neglected, or but inadequately attended to.

In the Philadelphia Almshouse, a resident physician—who is either a student, not a graduate, but proved, on examination by the medical board, to be competent for the office, or who has recently graduated—takes the immediate charge of the lunatic department for six weeks ; the number of services during the year not permitting him to devote a longer period to any one of them. The attending physicians, who are non-residents, and on whom the charge of the lunatic, along with the other, wards really devolves—the resident physicians being required to act under their direction—are on service six months alternately, and generally pay daily visits ; but as they have to attend to all the sick wards in that extensive charity, they cannot devote the necessary attention to the lunatic department. This, consequently, is an imperfect substitute for a resident medical superintendent, permanently appointed to his office, and who is versed in the care of mental maladies, or capable of becoming so by rigid devotion to their investigation. Every change

of the medical adviser gives occasion to exacerbations of the disorder, as the appearance of every stranger is daily seen to excite the maniac to vociferation and violence.

Under such an imperfect organisation of the lunatic departments of the county almshouses, we ought not to be astonished that there should be a comparatively small number of cures in recent cases, and that many, who, under a better system of management might have been restored, become incurably insane.

It has been before observed, that although insanity must be regarded as essentially a physical disease, it is not one which, after it has continued for some time, can generally be cured by such remedies as are known to remove ordinary physical excitement. The period soon arrives when a judicious moral management is the main stay of the physician. This, not one of our county almshouses is capable of affording.

By a proper classification of the insane, it will be found, that there are comparatively few who are incapable of participating in labour or amusement. Every well devised asylum should, therefore, be able to employ such of the patients as are fitted for the task, in agricultural or horticultural labours; workshops should be provided, and employment of some kind or other be carefully adapted to each individual. The attention, which such occupations require, produces a moral revulsion, and prevents the topic of hallucination from recurring; or if it recur, from wholly engrossing the mind of the lunatic. This is now so well understood, that in the different insane establishments of this country it is an object of anxious solicitude on the part of the medical superintendent, and the results have been most salutary.

“From the commencement,” say the trustees of the Asylum for the Insane Poor in Vermont, “an excellent farm of about fifty acres was procured as a necessary appendage to the institution. We have been determined to have a fair trial made of employing the patients on the same, and have the effects strictly noticed. Here we add our own to the universal testimony of others on the subject, that useful labour for convalescents and all chronic cases is the best moral means that can be made use of in the treatment of insanity. It is difficult to divert patients from cherishing their hallucinations, unless some interesting employment is furnished for them. The patients thus employed are generally cheerful and happy during the day, and sleep quietly at night. The exercise gives them an appetite for food, and the whole physical system as well as the mind seems to be thereby invigorated. It recalls to mind their former employments and pursuits, rouses into action those faculties of the mind

which had before lain dormant, and gives rest to those which had been unduly excited. As the number of our male patients has been small, not only the quiet, but also those who were more excited, have been taken on the farm; and, in every case, regular employment has been found very beneficial. No patient has been restricted in the use of tools, either at the wood yard, in the garden, or on the farm, and yet not the slightest accident whatever has happened. The patients consider themselves as enjoying the confidence of the officers, and make every effort that it should not be misplaced."

Sir W. C. Ellis deposes in his recent publication to the same beneficial results, feelingly depicting the obstacles that were thrown in the way of the introduction of manufactories into the admirable institution which he superintends. "Hitherto," he adds, "no accident of any consequence has happened from the patients being entrusted with tools, and no unpleasant result has arisen from the female patients, under proper charge of their nurses, working in the grounds or shops, where male patients, also, under proper care, have been at the same time employed. It is, however, possible that some untoward accident may happen; but even then I should be sorry the system should be given up. The injuries in one or two instances are nothing in comparison with the constant and daily happiness which it affords to hundreds; and it is not possible, in this world, to have a great good without some danger of evil arising from it. But as, in the ordinary events of life, we do not permit a little inconvenience to stand in the way of our enjoying great happiness; so ought we not, in this case, to be deterred from pursuing our plan, even should some unforeseen calamity, which I pray God to forbid, overtake us."

"In the first instance," he says, in another place, "out of door employment is generally tried; the patient is put under the especial charge of one of the servants, and set to work on the ground in such a way as to avoid any danger of his injuring himself or others. By and by, as his character becomes more known, and it is considered safe to trust him, in case of his being a mechanic, he is taken to the keeper, who has the same occupation with which he is acquainted, and is induced to work at his trade. And as there are bricklayers, joiners, tinnerns, blacksmiths, shoemakers, tailors, brush-makers, twinemakers, pottlemakers, basketmakers, and coopers, all at work about the institution, it is most probable that a mechanic will be able to select from amongst them some occupation with which he has been previously acquainted, or which he might like to learn; at all events, the reward of a little tea, tobacco, beer, or some other luxury, congenial to his taste, will, with a little management, gene-

rally be sufficient to induce him to occupy himself, either in his ward or out of doors. Indeed, on an average, 454 out of the 612 are daily employed: and of the others, who are idle, some are fatuous, others in such a state of debility as to be unable to work, and only very few idle solely from disinclination to employment. The patients rise at six in the morning, at eight they assemble in the chapel for family prayers, and immediately afterwards they breakfast. At nine they go to their work; at eleven the workers out of doors have an allowance of one third of a pint of beer, at one they dine; at four they have a similar allowance of beer, and at seven they sup."

But we need not go to other countries to discover the effects of well adapted moral management on the insane. The reports, which annually emanate from the excellent officers of the Friends' Asylum near Frankford; the Asylum for the Insane Poor in Vermont; the McLean Asylum at Charlestown; the Asylum for Poor Lunatics at Worcester, Massachusetts, and others, sufficiently testify to the interesting fact, that however perverted may be the reasoning powers, there are but few who are unsusceptible of appropriate appeals when judiciously employed. Who, indeed, would have credited—fifty years ago—the testimony afforded us in the reports above referred to, that numbers have attended public worship in the chapels of the institutions, and conducted themselves with the greatest decorum, who in the halls were noisy, talkative, and profane!

"Can we contemplate," says Dr. Woodward, the intelligent superintendent of the asylum at Worcester, Massachusetts, "a more interesting spectacle than the assembly of the insane, a large proportion of whom had been incarcerated for years in prisons and in dungeons, or confined with chains and manacles, the objects of terror and dread to all around them, convened on the Sabbath for public worship, all decently clad, and respectable in appearance, calm and self-possessed, listening with apparent attention to the messages of truth, uniting in the devotions, and joining in the songs of praise, all going and returning from the chapel with order and decorum? Such a spectacle we have witnessed on each returning Sabbath since our chapel was consecrated. Who can longer doubt that Christianity brings its consolations to the insane as well as to the rational mind?"

For these salutary reforms in the moral management of insanity, we are mainly indebted to a learned French physician, who, less than fifty years ago, had the hardihood to oppose the revolting management at that time universally in use in the insane institutions of Paris, and whose boldness, judgment, and philanthropy were crowned with a degree of success which must have been as gratifying as it was astonishing to him.

In a work recently published, and now before us, M. Scipion Pinel, the son of the great reformer, has given the details of the experiment, which, as he properly remarks, is celebrated in the annals of science. In the latter months of the year 1792, Pinel, who had been for some time chief physician to the Bicêtre, begged repeatedly of the public authorities, to permit him to remove the chains from the furious. His applications having been unsuccessful, he presented himself before the commune of Paris, and, repeating his objections with increased warmth, urged a reform of such monstrous treatment.

"Citizen," said one of the members to him, "I will go to-morrow to visit the Bicêtre; but wo betide thee, if thou deceivest us, and if thou concealest any of the enemies of the people amongst thy insane."

This member of the commune was Couthon. The next day he went to the Bicêtre. Couthon was himself, perhaps, as strange a spectacle as any whom he visited. Deprived of the use of his lower extremities, and compelled to be borne on the arms of others, he appeared, says Pinel, a fraction of humanity implanted on another's body; and from out of his deformity, pronounced in a feeble and feminine voice, merciless sentences proceeded—sentences of death; for death was the only logic that then prevailed. Couthon visited the insane in succession and questioned them himself, but he received only imprecations, amidst the clanking of chains on floors disgustingly filthy from the evacuations of the miserable occupants.

Fatigued with the monotony and revolting character of this spectacle, Couthon returned to Pinel. "Citizen," said he to Pinel, "art thou thyself mad to desire to unchain such animals?"

"Citizen," replied Pinel, "I am convinced that these lunatics are only intractable from being deprived of air and liberty, and I expect much from a different course."

"Well," said Couthon, "do as thou likest. I leave them to thee. But I am afraid thou wilt fall a victim to thy presumption."

Master of his own actions, Pinel commenced his undertaking on the very day, fully aware of all its real difficulties; for it regarded the setting at liberty about fifty furious maniacs, without injurious or dangerous consequences resulting to the other peaceable inmates of the establishment. He determined to unchain no more than twelve at the first trial, and the only precaution he took was to have an equal number of strait jackets prepared, made of strong linen with long sleeves, which could be tied behind the back of the maniac, should it become necessary to restrict him from committing acts of violence.

The first person to whom Pinel addressed himself had been a resident for the longest period in this abode of misery. He was an

English captain, whose history was unknown, and who had been chained there for forty years. He was looked upon as the most terrible of all the insane; his attendants always approached him with circumspection, for, in a paroxysm of fury, he had struck one of the servants on the head with his manacles, and killed him on the spot. He was confined with more rigour than many of the others, which circumstance, combined with almost total neglect on the part of the keepers, had exasperated a disposition naturally furious.

Pinel entered his cell alone, and approached him calmly. "Captain," said he, "if I were to remove your chains, and to give you liberty to walk in the court, would you promise me to be rational and to do harm to no one?"

"I promise thee. But thou mockest me. They, as well as thyself, are too much afraid of me."

"Assuredly not. I have no fear: for I have six men at hand to make me respected, should it be necessary. But believe my word: be confiding and docile. I will give you liberty, if you will allow me to substitute this strait waistcoat for your ponderous chains."

The captain yielded with a good grace to every thing required of him; shrugging his shoulders, however, but without uttering a word. In a few minutes his irons were completely removed, and Pinel withdrew, leaving the door of the cell open. Several times the maniac raised himself from his seat, but fell again; he had kept the sitting posture so long that he had lost the use of his legs; at length, in about a quarter of an hour, and after repeated attempts, he succeeded in retaining his equilibrium, and from the depth of his dark cell advanced staggering towards the door. His first action was to look at the sky, and to exclaim in ecstacy, "How beautiful!" Through the whole day he ran about, ascending and descending the stairs, and constantly repeating the exclamation, "How beautiful! how good!" In the evening he returned to his cell, slept tranquilly on a better bed, which had been provided for him, and during the two additional years which he passed in the Bicêtre he had no paroxysm of fury. He rendered himself, indeed, useful in the establishment, by exerting a certain degree of authority over the patients, whom he governed after his own fashion, and over whom he elected himself a kind of superintendent.

But the case of Chevingé—a soldier of the French guards—is looked upon as one of the most memorable feats of that interesting and eventful day. Whilst in the service he had but one fault—drunkenness;—and when in this state he became turbulent, violent, and the more dangerous from his strength being prodigious. Owing to his repeated excesses he was dismissed from his regiment, and soon

dissipated his limited resources. Shame and misery subsequently plunged him into such a state of depression, that his intellect became disordered. In his delirium he thought he had been made a general; beat those who did not admit his rank and quality, and in consequence of a violent disturbance thus originating, he was taken to the Bicêtre, labouring under the most furious excitement. He had been confined, chained, for ten years, and with more severity than most of his fellow sufferers, as he had frequently broken asunder his irons by the sole strength of his hands. On one occasion, when he obtained momentary liberty in this manner, he set at defiance the united efforts of all his keepers to make him re-enter his cell. His strength had, indeed, become proverbial at the Bicêtre.

Pinel, on several visits, had discovered in Chevingé an excellent disposition, masked by the excitement incessantly occasioned by cruel treatment. He promised the lunatic to speedily ameliorate his condition, and this promise itself rendered him more tranquil. Pinel at length told him he should be no longer chained; "and to prove the confidence I have in thee," said he, "and that I regard thee as a man adapted for doing good, thou shalt aid me in freeing those unfortunates, who have not their reason like thee; and if thou conductest thyself as I have reason to hope, I will take thee into my service, and thou shalt never quit me."

"Never," says M. Scipion Pinel, "in the whole history of the human intellect, was there a more sudden and complete revolution: the keepers themselves were impressed with respect and astonishment at the spectacle which Chevingé afforded." Scarcely was he liberated when he was seen anticipating, attentive to, and following with his eye, every motion of Pinel; executing his orders with skill and promptitude, addressing words of reason and kindness to the insane, on the level of whom he had been but a short time previously.

This man, whom chains had kept degraded during the best years of his life, and who would, doubtless, have spent the remainder of his existence in the same wretched condition, became afterwards a model of good conduct and gratitude. Often, in the difficult times of the revolution he saved the life of Pinel, and on one occasion rescued him from a band of misereants who were conducting him to the "Lanterne," owing to his having been an elector of 1789. During the time of famine, he left the Bicêtre every morning, and returned with supplies of provisions which gold could not at that time procure. His whole life was one of perpetual devotion to his liberator.

In the course of a few days the shackles were removed from fifty-three lunatics. An unexpected improvement followed from a course

previously regarded impracticable and even fatal. The furious madmen, who monthly destroyed hundreds of wooden utensils, renounced their habits of violence; others, who tore their clothes, and rioted in filth and nudity, became clean and decent; tranquillity and harmony succeeded to tumult and disorder; and over the whole establishment order and good feeling reigned.

Yet, although this striking amelioration was accomplished in the metropolis of France, and has been perpetuated and increased by Esquirol and his enlightened fellow labourers; and although in our best institutions in this country a similar wise and benevolent administration exists, it is surprising, that in the provinces of France, as in the interior of the states of this Union, the influence of the example should not have been felt; or, if felt, should have been disregarded.

The extract already given from Dr. Woodward's report exhibits the afflicting truth, that chains and manacles are yet employed as means of restraint; and we have too many reasons to believe, that occasionally the wretched inmates of our almshouses are regarded as little better than the animals with which they are permitted to feed and to congregate.

Even so late as the year 1835, in France—the country of Pinel—it appears from the report of M. Ferrus on the insane, which rests on official documents transmitted to the ministers by the prefects of police, that chains were still used in some of the country asylums; that at Meréville, in the department of the Vosges, the cages in which the furious maniacs are confined, are in cellars not raised more than a foot above the ground; these cages, made of wood, partly closed, and the remainder open so as to exhibit their interior; their dimensions four feet wide and six deep, receiving light from the openings of the corridors and cellars. Through the bars of those cages, in some of the towns, the miserable occupants receive their straw and food.

Well may we exclaim with M. Pinel, “It is undoubtedly humiliating to be compelled to offer details, which seem to belong to other ages than our own; but publicity being the best remedy for such abuses, we ought not to hesitate to point them out, until they are rectified.”

As respects the *third class* of the insane, or those who are confined in the prisons and penitentiaries for safe keeping, enough has already been said. It would require cogent arguments to demonstrate, that, under such circumstances, their mental condition can be ameliorated.

Facts and arguments, similar to those adduced, have led to the establishment of extensive pauper lunatic asylums in Europe, as well as in several states of this Union. The Pauper Lunatic Asylum for

the county of Middlesex, at Hanwell, of which Sir W. C. Ellis is the resident medical superintendent, is creditable, in the highest degree, to the age and the philanthropy of the country to which it owes its existence. The interior is admirably arranged, and it is surrounded by gardens and cultivated grounds capable of ministering to the physical and moral improvement of the patients. The same may be said of the County Lunatic Asylum at Lancaster, the York County Lunatic Asylum at Wakefield, and others. In the one at Hanwell, the average number of patients was, in 1837, 411 $\frac{149}{365}$; in that of Lancaster, 321; and in that of Wakefield, 608.

It has been well, indeed, observed, "that the utility of providing institutions expressly adapted to the insane, for the restoration of the curable, and for the comfort and improvement of the incurable, is so manifest, that we have seldom known the facts presented to a legislative assembly, without their calling forth action on the subject; and the time we trust is not far distant, when a retreat in all civilised countries will be within the reach of every subject of this distressing malady."

In this country, much has been done and is yet doing. In Massachusetts there are two institutions, and the citizens of Boston have it in contemplation to establish a third expressly for the city. The one at Charlestown is, and has been for some time, in successful operation. During the season of 1837 it was enlarged, and will now accommodate 200 patients. The institution at Worcester, Mass., was erected by the state, at an expense of upwards of 50,000 dollars, and will now accommodate 230 persons. It is a state institution, and is principally filled with those who have committed acts of outrage, or have been adjudged by the courts to be manifestly dangerous to the peace and safety of the community to be at large. All that was contemplated by the state was to put such persons in a place of comparative comfort and security; yet even of these, it would appear from the report of the superintendent, eighty-nine per cent. of cases of less than one year's duration, and more than twenty-five per cent. of old cases, have been cured. Both of these are, as the committee of the Legislature of Connecticut remark, "magnificent establishments, and do honour to the state and their founders."

In Maine, the walls of an asylum were partially erected last season on the banks of the Kennebeck, in sight of the State House at Augusta. Thirty-six thousand seven hundred and fifty-five dollars have been expended; and 43,244 dollars is the estimated balance necessary for finishing the building, of which sum 29,500 dollars were appropriated by the legislature at their last session; and it

was expected, that the walls would be finished, and the roof on, in the autumn of 1838, and that the building will be ready for the reception of patients in the summer or autumn of 1839.

In New Hampshire, energetic measures have been taken to establish an asylum, and at the last meeting of the legislature a bill was reported and passed, one of the leading features of which is, that the state shall subscribe thirty shares of bank stock.

In Vermont a capacious asylum exists on an extensive scale, to which large appropriations have been made by the state. From the first report, submitted to the legislature in October, 1837, it appears, that the number of patients at that time was thirty-four.

The Legislature of Connecticut, as has been before remarked, have the subject before them, and they will doubtless determine not to be behind their neighbours in the race of utility.

New York has made most liberal provision for her insane. The legislature of the state formerly appropriated 10,000 dollars annually for twenty years, for the support of the Asylum for Poor Lunatics at Bloomingdale, near the city of New York. The time is now expired; and the legislature a year ago appropriated 60,000 dollars for the erection of a similar institution in the neighbourhood of Utica. A farm of 120 acres has been purchased in a good state of cultivation and productiveness. Preparations are making for building, and plans have been designed for the accommodation of about 1000 inmates. In addition to these, the city of New York is erecting an extensive asylum for the insane of the city on Blackwell's Island, which, it was supposed, would be so far finished, during the summer of 1838, as to admit of being occupied.

In the Bloomingdale Asylum, 254 patients were treated during the year 1837.

New Jersey likewise is alive to the importance of such an institution, and at the last meeting of the State Medical Society, an address was made in favour of the measure, and a committee appointed to report at the next meeting.

Virginia possesses two lunatic hospitals, the one situate at Williamsburg, in Eastern Virginia, the other at Staunton, in the Western portion of the state; both have received the anxious attention and aid of the legislature, and, at the last session, each obtained appropriations of 30,000 dollars.

South Carolina has expended 100,000 dollars for the erection of a State Asylum at Columbia, and is now making large additions to it. Tennessee has recently erected an asylum at Nashville. Kentucky has hers, on which she has expended 30,000 dollars. The Legislature of Ohio has appropriated 40,000 dollars for erecting an institu-

tion at Columbus, which, according to the recent message of the Governor, is in readiness for the reception of patients, and from the numerous applications will not be sufficient for the wants of the state. When finished it will contain 153 rooms, and accommodate 120 patients. Lastly, the Legislative Council of Upper Canada, impressed with the necessity for action, and with the energy that has characterised the philanthropic exertions of many of the states of this Union, to which honourable testimony is borne in the report of their committee, is using active exertions to erect a lunatic asylum in the province.

And what part has this commonwealth, proverbial for her admirable institutions of a charitable nature, taken in this noble career? As yet nothing. She contributed, it is true, towards the erection of the Pennsylvania Hospital; but this valuable charity cannot receive more than 39 poor lunatics; and has, at present, from all parts of the state, but 33, of whom 23 are permanent residents. The new cases are received on trial, and if, after six months, no improvement occurs, the friends are requested to remove them. Even when the new establishment is opened on the western side of the Schuylkill, it is presumed that not more than 50 poor insane persons can be received into it. The time has come, however, when Pennsylvania will arouse her dormant energies, and with her extensive population and territory, and her ample resources, will exhibit that decision which has characterised her in the adoption of every feasible plan for the promotion of the happiness and the amelioration of her citizens. Nor will the contemplated undertaking, except at its commencement, be onerous or expensive. It has been already shown that there are but few insane who cannot be profitably employed in useful, and, we may add, in productive labour. In their present condition, they have to be supported by the community at a higher expense than would be needed in a proper establishment; no facilities are afforded them for appropriate labour, and their maintenance has to be wholly drawn from the district in which relief is extended to them. Add to these considerations, that so many of the recent cases—90 per cent.—are restored, and taking the average of cases 41 per cent., and it will be manifest that the saving in such an asylum might be immense: not only may the lunatic himself be soon able to quit the institution, but if he be the head of a family, he may thus prevent *them* also from becoming burthensome to the public.

In the county almshouses, it has been shown, no such chance of restoration exists, and evils become perpetuated, which, under other influences, might easily have been rectified.

“By the steward’s memoranda,” say the trustees of the State Lunatic Hospital at Worcester, Massachusetts, in their fifth annual

report, made in Dec. 1837, "it appears that the avails of male labour supplied by the institution, with the aid only of one farmer employed to superintend it, has, at a moderate estimate of the value of the several products, amounted, during the past year, *to more than eleven hundred dollars*. This amount will undoubtedly be increased another year, since we have many more labourers than sufficient to cultivate our land. In addition to the labour employed in farming and gardening, the patients cut and secure all the wood used in the establishment, amounting to more than 400 cords in the year; attend to the barns, stables, and piggeries; perform much of the hard work in washing, and do a great variety of other work about the establishment.

"During the last year we have erected a building containing a shoemaker's shop and a carpenter's shop. In the former we expect hereafter to be able to manufacture and repair all the shoes necessary to supply the hospital, and in the latter to perform much of the work requisite to keep the buildings and furniture in repair. There are some good mechanics amongst our incurable as well as curable patients, and others are capable of being made so notwithstanding their insanity.

"Thus we are enabled to combine profit to the institution with the best and most successful means of cure and enjoyment to its inmates."

The testimony of the steward of the M'Lean Asylum, in his report for the year 1836, is of an analogous nature. After remarking, that in the Labour Department, seventy-seven of the males had been engaged in manual labour, and worked six hours a day—more than which no patient was asked to work—he adds, "Nor has our labour resulted in mere amusement, as the harvest of our crops abundantly testifies. Our farms and lands, inclusive of all the grounds occupied by the buildings and courts, consist of twenty-five acres. We have raised, for the most part, vegetables enough of every kind to supply the institution for the year, and have cut hay sufficient to keep five horses and six cows, besides storing eighty barrels of apples and fifty bushels of pears. We have also made rosewater enough for medicinal and culinary purposes and disposed of fifteen dollars worth. The nett profits of our farm and garden for the past year have been \$500.

"Fifty patients have worked in the carpenter's shop at six hours per day, and have been employed 1151 days; and made 7236 boxes, which have been sold for \$907 06."

He adds, that it was then sixteen months since a "Sewing Society" had been established amongst the female lunatics, and the avails of their work had been, in cash, \$112 96.

Such being the facts in regard to the condition of the insane in this commonwealth, can farther arguments be needed to point out the necessity of an establishment of the kind that is contemplated? Shall we be content with inglorious inactivity, whilst our brethren elsewhere are sedulously employed in their endeavours to restore to mental existence those who are afflicted with the most awful of dispensations, and generally from no fault of their own? Can we remain satisfied with their condition at home in their own miserable hovels, or with banishing them from our sight to be immured in institutions, where but imperfect attempts at restoration are practicable, and where they are merely kept from inflicting injury upon themselves or others, with the moral certainty, in too many of the cases, that hallucinations, which, under other management might have been wholly removed, must become more and more firmly implanted, until ultimately the wretched maniac sinks prematurely under his excitement, or subsides into a state of incurable melancholy or fatuity? or can we hesitate to exert all our energies to diminish evils of heart-rending extent, and to adopt measures—so eminently within our reach—for restoring the miserable lunatic to his relatives and to his country; or of ameliorating and softening his condition when perfect recovery is impracticable?

Satisfied that only one feeling can prevail upon this deeply interesting and momentous subject, it is but necessary, perhaps, to urge the importance of *speedy* action,—if not on the ground, that already much precious time has been suffered to pass by unimproved, for the overwhelming reason, that every year's delay removes the chance of restoration from hundreds of our fellow creatures, whose reason is, as it were, in our keeping, and lays the foundation of evils which may descend to all future ages.

Signed on behalf of the Committee,

THOMAS P. COPE, PRESIDENT.

FRED. A. PACKARD, *Secretary*.

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